

# Help your teen determine what's fact and what's fiction about marijuana

## The following facts might be surprising:

- Youth begin using marijuana around 15-16 years old.
- Up to 10% of Grade 12 students reported using marijuana every day or almost every day.

On the left are some opinions Canadian youth have shared about marijuana, **which are actually myths**. The facts based on research evidence are shown on the right.

### TEENS SAY, “IT’S JUST WEED”

Weed is natural and so it’s harmless

Everyone is using weed

Weed helps you focus

Weed makes you a better driver. It’s safer than driving after using alcohol

Weed isn’t addictive and does not “consume” users

### SOME FACTS ABOUT MARIJUANA USE

Regular marijuana use can disrupt the developing brain and is related to mental health concerns

About 75% of youth aged 15–24 reported not using marijuana in the past year

Regular marijuana use is related to deficits in attention, memory and information processing

Marijuana use can impair driving and is associated with an increased risk of collisions, especially when consumed with alcohol

1 in 6 adolescents who use marijuana will develop a substance use disorder

To learn more read  
*What Canadian Youth Think about Cannabis*  
([www.ccsa.ca](http://www.ccsa.ca))

To learn more read  
*The Effects of Cannabis Use during Adolescence*  
([www.ccsa.ca](http://www.ccsa.ca))

## Talk to your kids about marijuana use

### To help them make informed decisions, let them know that:

- Regular marijuana use can negatively affect a youth’s brain and behaviour
- Delaying initiation of marijuana use can help prevent these harmful effects
- Treatments are available if they are experiencing harms—speak to your healthcare professional

To prepare yourself to have meaningful conversations with your teen, read the parent action pack at [www.parentactionpack.ca](http://www.parentactionpack.ca)